

## Things to Know About BOTOX® Aftercare

### 1. Ice Is OK

Some people experience swelling and discomfort around injection sites. You can safely apply a cold compress on treated areas to relieve discomfort and minimize swelling. However, don't put pressure on the cold compress. Just gently lay the compress on the swelling. Slight bruising and swelling near injection sites are commonly reported side effects of BOTOX® injections that diminish within 48 hours after treatment. Taking NSAIDs or applying heat to swollen injection areas would not only worsen discomfort, it could cause migration. This is strongly advised against.

### 2. Keep your hands away from your face

Botox is injected into precise treatment areas, continuous rubbing and touching can impact the spread of the injectable and alter results. Avoid touching your face for at least 24 hours after treatment.

### 3. Wait a Couple of Days Before Heading Back to the Gym

Strenuous activity increases heart rate and blood flow. While it's fine to take a leisurely walk after receiving BOTOX® injections, stay off the Ellipticals and Nordic Tracks for at least 24 hours. Heavy exercise may inadvertently spread BOTOX® to other areas, which could decrease the effectiveness of BOTOX® and cause unintended side effects. Strenuous exercise after treatment could also increase the risk of swelling and bruising around the treatment areas.

### 4. Avoid Putting on Cosmetics for the rest of the day.

Applying liquid foundation, blush, face powder, eyeshadow, and even eyebrow pencil can stimulate the skin enough to cause dispersal of BOTOX® to unintended areas. People who get BOTOX® injections for medical reasons should also avoid pressing on injection sites and the skin surrounding the injection sites. It is perfectly fine to apply cosmetics the following day.

### 5. No Lying Down or Leaning Forward Significantly for 4 Hours

Lying down or bending over for more than a few minutes following BOTOX® treatment may disperse the BOTOX® solution from its intended site. If you are someone who bruises easily, sitting upright can also help reduce bruising by preventing increased blood flow to your face.

### 6. Try to Sleep on Your Back

The first night after your BOTOX® treatment, sleep on your back as much as possible to minimize pressure on facial muscles. Of course, if your injections were meant to reduce forehead wrinkles or brow furrowing, you won't have to worry about the pressure of your face against your pillow.

However, BOTOX® injections for treating crow's feet are typically given near or on the side of the face. If you tend to sleep on your side, try placing pillows next to your body to stop you from turning over while sleeping.

## 7. Don't Drink Alcohol Before or After BOTOX®

Beer, wine, and hard liquor contain ethanol, a substance that dilates blood vessels and increases blood pressure. When blood vessels expand, this allows more blood to flow rapidly throughout your body. Increased blood flow means possible worsening of swelling and bruising at and around injection sites. A good rule of thumb regarding alcohol and BOTOX® aftercare: avoid alcohol 48 hours before and after BOTOX® treatment.

## 8. Put Off Other Skin Treatments

Wait for at least 24 to 48 hours before you get facials, microdermabrasion, laser skin therapy, massages. This gives the BOTOX® time to work its magic on muscles responsible for wrinkles.

## 9. Relax in the Shade

Avoid full sun exposure for the rest of the day after receiving BOTOX® injections. Any kind of heat (including hot showers) will increase your blood pressure and promote bruising. If possible, avoid going out in the sun for one to two days to fully reduce the potential of migration due to sunlight and heat. Also, stay out of tanning beds, saunas, and hot tubs for at least 24 hours. (When it's safe to go back into the sunshine, be sure to use a high-quality sunscreen.)

## 10. BOTOX® Aftercare and Medications

Most people do not need to take any painkillers such as acetaminophen or ibuprofen after having BOTOX® injections because any discomfort is almost always minimal and temporary. Although rarely reported, headaches may emerge in some people following BOTOX® treatments, in which case acetaminophen or ibuprofen can be taken. However, if you are taking a prescription blood thinner like Warfarin, do not stop taking it until you have talked to your doctor.

## BOTOX® Aftercare: When To Contact Your Doctor

Adhering to all BOTOX® aftercare recommendations is the best way to ensure you see optimal results without experiencing unwanted side effects. For individuals who have BOTOX® injections for cosmetic purposes only, the [U.S. FDA cites the following symptoms](#) that indicate you should contact a physician as soon as possible:

- Difficulty swallowing, breathing, or speaking
- Loss of muscle strength/general muscle weakness throughout the body
- Blurry or double vision
- Dysphonia (change/loss of voice or hoarseness that is not attributed to other medical conditions)
- Reduced bladder control
- Wheezing, itching, rash, and other signs of an allergic reaction